

The **CONNECTION**

Calvert County Office on Aging Bimonthly Newsletter

July/August 2019

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The Declaration of Independence was signed 243 years ago on July 4, 1776. Many Americans enjoy hosting a picnic or barbecue and most enjoy a fireworks display. However you celebrate Independence Day, celebrate it by remembering the freedom we share and the people who helped us earn that freedom.

All seniors centers will be closed, Thursday, July 4. Enjoy the day and be safe.

Crab Feast 2019 **Tuesday, August 20, 12:30** **at each Senior Center**

Enjoy a crab feast at the
senior center
of your choice!



⇒ *Choose one of the following:*

6 Steamed Crabs, Crab Cake Sandwich, or
Soft-shell Crab Sandwich

⇒ *Choose one of the following:*
Garden Salad or Coleslaw

⇒ *Choose one of the following:*
Corn on the Cob or Green Beans

Choose one: Iced Tea, Coke, Diet Coke,
or Bottled Water

Payment must be made by August 12.
Cost: \$22.00 (includes food and beverage)
Checks to: Calvert Pines Senior Council

OOA Recognized at the State Level

The Office on Aging has received three first place awards (out of a total of 7 awards) and an Honorable Mention for Programs from the Maryland Association of Senior Centers (MASC). The awards were announced at the MASC Statewide Meeting held on June 11 in Annapolis, MD.

The OOA received **first place** awards for the following programs:

- Fundraising - "Change Challenge"
North Beach Senior Center
 - Fitness - "Let's Move"
North Beach Senior Center
- Nutrition and Health Promotions
"Grief and Loss Support"
Southern Pines Senior Center

Honorable Mention

- Fundraising - "Mother's Day Purse Sale"
Calvert Pines Senior Center

Congratulations to our Program staff for a job well-done!

Senior Center Hours: Monday-Friday, 8:30 a.m. - 4:30 p.m.

Website: www.calvertcountymd.gov

Agency E-mail: ooamailbox@calvertcountymd.gov

Senior services are accessible to individuals with disabilities.



Linda Roberts has moved to the North Beach Senior Center as the Program Specialist II. We wish her Good Luck at her new position!



We would like to welcome Kristy Alleva to our team! Kristy is the new Program Specialist at Calvert Pines Senior Center. When you get a chance, stop by to meet Kristy!

Angela Nenno is now a full-time Developmental Disabilities Aide! Congratulations Angela!

Maryland Energy Assistance Program (MEAP)

MEAP assists eligible individuals and families with a one-time-per-year grant to help pay heating and electric bills. Grants are usually applied to accounts beginning in December. You must be income-eligible to apply. Appointments will be scheduled at each of the senior centers beginning in August. If eligible, please be prepared to provide the following for every person in the home: proof of all monthly income, a social security card, and a photo identification card. You will also need a current heating bill, electric bill, and lease (if renting). For more information, call: Calvert Pines Senior Center - 410-535-4606 North Beach Senior Center - 410-257-2549 Southern Pines Senior Center - 410-586-2748.



Falls Prevention Program

If you are interested in being a facilitator/teacher for a "Stepping On" Falls Prevention class, please contact Program Manager, Ed Sullivan at Calvert Pines Senior Center, 410-535-4606, ext. 121.

Heat Warning

Helpful tips for staying cool this summer:

- Wear lightweight, light-colored clothing and a hat.
- Avoid doing errands on hot, humid days. If you must go out, plan to go in the early morning when it is cooler.
- Drink plenty of fluids; carry water with you.
- Eat small meals, and eat more often. Avoid foods that are high in protein.
- Avoid using your stove/oven - it will make you and your house hotter.
- Wear sunscreen if you will be in direct sunlight.
- Take cool showers or baths to cool down.
- Contact your health professional if you have any questions about sun exposure while taking certain medications and what symptoms to look for when getting overheated or dehydrated.

If there are three consecutive days of a 105° heat index (combination of temperature and humidity), the County Heat Emergency Plan will go into effect. On the third day of that high heat index, effective until the temperature drops, certain County facilities are open to the general public until 7 p.m. To find your nearest county cooling center, please call the Calvert County Courthouse, 410-535-1600 or 301-855-1243. Your senior centers are a great place to beat the heat on a regular basis.

State Health Insurance Program (SHIP)



Office on Aging staff are available to provide information and assistance for Medicare beneficiaries which include:

- Medicare Parts A and B
- Medicare Part D - Prescription Drug Plans
- Medicare Part C - Advantage Plans
- Medicare Supplemental Insurance/Medigap Plans
- Medicare Savings Plans
- Detecting Fraud and Abuse

Contact your local Office on Aging for more information and to make an appointment.

**CHECK OUT WHAT'S HAPPENING
AT THE SENIOR CENTERS!**

**For more fun programs, see each senior
center's calendar pages!**



Living Well with Diabetes Classes

The senior centers will be holding Living Well with Diabetes Classes throughout the next few months. Register by calling the Health Department at 410-535-5400, ext. 459. See classes below.

Calvert Pines Senior Center

Mondays, August 12 - September 23
(No class September 2)
9 - 11:30 a.m.

North Beach Senior Center

Fridays, August 16 - September 20
9 - 11:30 a.m.

Southern Pines Senior Center

Mondays, August 19 - September 30
(No class September 2)
1 - 3:30 p.m.

**National Senior Citizens Day
August 21**

Each year on August 21, there are various events and activities held across the United States in recognition of National Senior Citizens Day. This day was created as a day to support, honor, and show appreciation to our seniors and to recognize their achievements. Please take time to spend with seniors, and listen to their stories of wisdom and experience. Gain from their hard-earned knowledge.

The Office on Aging is honored to assist and serve our senior citizens.

AARP Driver Safety Class

**Thursday, September 19
9 a.m. - 3 p.m.**

**North Beach Senior Center
410-257-2549**

The fee for this class is \$15/AARP members, \$20/non-members. Members must show AARP cards. Call to register.

**Calvert County Fair
King and Queen**



Cast your vote for the King and Queen of the 2019 Calvert County Fair. Ballot boxes will be in each senior center throughout the month of

August. One couple will be chosen from each center to compete in September at the Calvert County Fair. To qualify, individuals must be aged 55-plus and reside in Calvert County. Please nominate persons who now serve or have served the community through volunteer efforts or work. Winners will receive wonderful prizes! This event is sponsored by the Calvert County Fair Board. All selections, recognition, and prizes are decided and issued by the Fair Board.

Commission on Aging

The Commission on Aging (COA) is a group of 16 Calvert County residents appointed by the Calvert County Board of County Commissioners, representing all three county districts, to work with the Office on Aging. The purpose of the Commission is to: advocate for seniors and individuals with disabilities; Provide information, guidance, advice and recommendations to the Board of County Commissioners on matters concerning seniors and individuals with disabilities; Keep informed of developments, programs and available funds at local, state and national levels concerning needs of seniors and individuals with disabilities; plan, initiate and implement projects and activities that benefit seniors and individuals with disabilities; and serve as an advisory council to the Calvert County Office on Aging. Their focus is on current issues affecting seniors in Calvert County: transportation, housing, community awareness and outreach, and Dementia and mental health education and awareness.

The board is currently seeking two (2) new members. If you are interested in advocating for seniors, submit an application to the Board of County Commissioners for appointment to the COA by going to the website: www.calvertcountymd.gov and click Volunteer Boards and Commissions.



JULY, 2019 MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Pulled Pork Sandwich on a Bun Cole Slaw Mediterranean Chick Pea Salad Fresh Seasonal Fruit Apple Juice	2 Oven Fried Chicken Baked Sweet Potato Seasoned Spinach Dinner Roll Fruited Jell-O Fruit Juice Blend	3 Stuffed Pepper California Blend Corn Dinner Roll Fresh Seasonal Fruit	4 CENTERS CLOSED FOR INDEPENDENCE DAY	5 Tuna Salad Sandwich Lettuce & Tomato Slices Carrot/Pineapple Slaw Tossed Salad w/ Dressing Tomato Juice
8 Herb Lemon Fish O'Brien Potatoes Tossed Salad w/Dressing Seasoned Kale Dinner Roll Fruited Jell-O	9 Chicken Salad in a Pita Lettuce & Tomato Slices Fresh Carrot & Cucumber Slices Pineapple Tidbits V8 Juice	10 Egg Salad Sandwich Lettuce & Tomato Slices Tossed Salad w/ Dressing Pickled Beets Fresh Seasonal Fruit	11 Pulled Pork Sandwich on a Bun Cole Slaw Fresh Seasonal Fruit Apple Juice	12 Meatloaf Gravy Mashed Potatoes Broccoli Lima Beans Baked Spiced Apples Pineapple/Orange Juice
15 5-Spice Chicken Leg Rice Pilaf Zucchini Dinner Roll Pears Orange Juice	16 Pork Stir Fry Brown Rice Spinach Dinner Roll Pineapple Chunks	17 Turkey & Swiss Cheese Sandwich Lettuce & Tomato Slices 3-Bean Salad Fresh Seasonal Fruit Apple Juice	18 Tuna Salad in a Pita Lettuce & Tomato Slices Sliced Cucumber & Tomato Salad Fruited Jell-O Cranberry Juice	19 Cheeseburger on a Bun Lettuce & Tomato Slices Baked Beans Cole Slaw Fresh Seasonal Fruit Pineapple Juice
22 Roast Beef & Swiss Cheese Sandwich Lettuce & Tomato Slices Tossed Salad w/Dressing Mandarin Oranges Cranberry Juice	23 Pork Roast Gravy Lima Beans Broccoli Dinner Roll Hot Spiced Apples Fresh Seasonal Fruit	24 Chicken Salad in a Pita Lettuce & Tomato Slices Fresh Carrot & Cucumber Slices Pineapple Tidbits V8 Juice	25 Lasagna w/Meat Sauce Tossed Salad w/Italian Dressing Seasoned Kale French Bread Sliced Peaches	26 Lemon Chicken Brown Rice Green Beans Carrots Dinner Roll Orange Slices
29 Turkey Gravy Stuffing Mashed Potatoes Carrots Fresh Seasonal Fruit Orange Juice	30 California Chicken Baked Potato w/Sour Cream Green Beans Dinner Roll Peaches Cranberry Juice	31 Lemon Pepper Fish Tartar Sauce Rice Pilaf Seasoned Spinach Dinner Roll Fruited Jell-O w/ Crushed Pineapple Apple Juice	All meals are subject to change.	Please note: Foods may contain allergens such as eggs, wheat, and soy.



AUGUST, 2019 MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Please consider your contribution carefully to help the OOA meet increased costs. All meals are subject to change. Lunches served Monday-Friday at 12 noon. Fee: Aged 60+ - \$3 - Suggested donation Under 60 - \$5 (Payment must be made at time of registration.) Reservations are required 24 hours in advance.</p>			1 Hamburger on a Bun L/T/O Baked Beans Cole Slaw Fresh Seasonal Fruit Pineapple Juice	2 Sweet & Sour Pork over Rice Mashed Sweet Potatoes Broccoli Dinner Roll Pineapple Pineapple Upside Down Cake Apple Juice
5 Pork Roast Gravy Baked Sweet Potato Cabbage Lima Beans Fresh Seasonal Fruit Pineapple Juice	6 Fish Patty on a Bun Tartar Sauce Green Beans Banana Cranberry Juice	7 BBQ Chicken Leg Baked Potato Wedges Dilled Carrots Bread Pears Orange Juice	8 Meatloaf Gravy Mashed Potatoes Spinach Dinner Roll Mandarin Oranges Apple Juice	9 Roast Beef & Swiss Cheese Sandwich Lettuce & Tomato Slices Tossed Salad w/ Dressing Cole Slaw Fresh Seasonal Fruit
12 Turkey ala King Rice Tossed Salad w/Chick Peas Broccoli Dinner Roll Peaches	13 Pulled Pork on a Bun Cole Slaw Fresh Seasonal Fruit Yellow Cake w/Icing Apple Juice	14 Seafood Salad on a Bed of Lettuce Pickled Beets Corn Dinner Roll Apple Crisp Orange Juice	15 Baked Chicken Scalloped Potatoes Tossed Salad w/ Dressing Carrots Dinner Roll Fresh Seasonal Fruit	16 Pork Roast Gravy Mashed Potatoes Seasoned Spinach Dinner Roll Fresh Seasonal Fruit Apple Juice
19 Turkey & Swiss Cheese Sandwich Tossed Salad w/Dressing Lettuce & Tomato Mandarin Oranges Apple Juice	20 Chicken Salad in a Pita Lettuce & Tomato Fresh Carrot & Cucumber Slices in Lite Italian Dressing Fresh Seasonal Fruit V8 Juice	21 Beef-a-Roni Tossed Salad w/ Dressing Collard Greens Lima Beans Italian Bread Fresh Seasonal Fruit	22 BBQ Chicken Leg Baked Sweet Potato Wedges Dilled Carrots Bread Pears Brownie Pineapple/Orange Juice	23 Breaded Baked Fish Baked Potato w/Sour Cream Broccoli Dinner Roll Tropical Fruit Cup Apple Juice
26 Stuffed Pepper California Blend Corn Dinner Roll Fresh Seasonal Fruit	27 Tuna Fish Sandwich Lettuce & Tomato Tossed Salad w/ Dressing Carrot/Pineapple Slaw Banana Tomato Juice	28 Fish Patty on a Bun L/T/O Marinated Cucumbers & Onions Mediterranean Chick Pea Salad Applesauce Orange Juice	29 Pulled Pork on a Bun Cole Slaw Fresh Seasonal Fruit Apple Juice	30 Oven Fried Chicken Baked Sweet Potato Seasoned Spinach Dinner Roll Fruited Jell-O Fruit Juice Blend

Trips



= little to no walking



= moderate walking



= strenuous walking

Harriet Tubman and the Underground Railroad Eastern Shore, MD



Registration Begins: July 1

Registration Deadline: August 15

Date: Wednesday, September 25, 2019

Fee: \$90 (includes transportation, tour guide, luncheon, museum admission, vineyard tour)

Bus Departs: SPSC 6:45 a.m.

Approximate Return: 6:30 p.m.

CPSC 7:15 a.m.

Sunderland Park & Ride 7:45 a.m.

Enjoy a relaxing, scenic ride crossing the Bay Bridge to Cambridge where we will meet our step-on tour guide at the Sail Winds Visitors Center. From there, we will travel the "Highway to Freedom" and tour the new Harriet Tubman National Historical Park and Museum. Mid-day we'll feast on local, home-cooked food served buffet-style at Old Salty's Restaurant featuring: fried soft shell crabs, crab cakes, fish, clam strips, chicken, ham, vegetables and pie. A short drive away, the spacious vineyards at Layton's Chance Winery await us, with samples and lawn chairs and informative tours of the facilities. Both Old Salty's and Layton's Chance have gift shops.

Please Note: Our Trip Brochure 2019 shows the October trip as the Western Maryland Scenic Railroad excursion from Cumberland to Frostburg. Unfortunately the new schedule for train departure is not one we can support. The below trip has been planned to replace the train trip.

Medieval Times Dinner & Tournament Hanover, MD



Registration Begins: July 1

Registration Deadline: September 12

Date: Thursday, October 24, 2019

Fee: \$70 (includes transportation, dinner, admission)

Bus Departs: SPSC 7:15 a.m.

Approximate Return: 5:30 p.m.

CPSC 8:00 a.m.

NBSC 8:45 a.m.

Join us for a theatrical dining experience inspired by Medieval history. Housed within a European-style castle, costumed staff will serve lunch while we are being entertained by a jousting tournament. Spectacular horsemanship and pageantry are part of this matinee performance. Following the show we will exit the theatre and enter the Arundel Mills Outlet Mall where you will be given some time to shop before our departure. You will be on your own for the shopping time.

CURRENT TRIPS

Grease

Toby's Dinner Theatre
Columbia, MD

Date: Wednesday, July 17

Fee: \$91

Bus Departs: SPSC 7:15 a.m.

CPSC 8:00 a.m.

NBSC 8:45 a.m.

South Pacific

Riverside Center Theatre
Fredericksburg, VA

Date: Wednesday, August 28

Fee: \$99

Bus Departs: NBSC 8:00 a.m.

CPSC 8:30 a.m.

SPSC 9:00 a.m.

THESE TRIPS ARE FULL

Services

Call 410-535-4606 for more information.

Behavioral Health Counselor - A counselor is available through the Calvert County Health Department, Tuesdays at Calvert Pines Senior Center, Wednesdays at North Beach Senior Center, and Thursdays at Southern Pines Senior Center. To make an appointment, contact Amanda Cipriani at 410-375-1047.

Caregivers Services - Offers a drop-in time for caregivers to talk with Social Service staff the first Wednesday of each month at Calvert Pines Senior Center. Information, a quarterly newsletter, and limited respite funds are also available. Contact **Amy Boucher** or **Liz Leclair**.

Calvert County Alzheimer's Caregiver Support Group - Meets at the Calvert Library in Prince Frederick at 7 p.m. on the 2nd Thursday of the month, facilitated by **Jeannette Findley**, 410-394-2647, and **JC Hooker**, 280-882-2590.

Community First Choice - Assists adults aged 18-plus to remain in the community or return to the community from long term care placement. Contact **Terri Gunkel** for more information.

Guardianship - Information is provided on private and/or public guardianship. Contact **Melody Driscoll**.

Legal Aid - Attorney services are available by appointment regarding SSI, benefit denials, disability payments, Social Security and SSI overpayments, debtor and consumer problems, advance directives, and tenant issues.

A Legal Aid attorney rotates on a schedule between the three senior centers. Call the specific center for an appointment. **Appointments are taken between 1 and 3 p.m., July 11 at Southern Pines Senior Center and August 8 at Calvert Pines Senior Center.**

Long Term Care Ombudsman - An advocate is available for residents of long-term care facilities. For more information, ask for **Lisa Caudle**.

Maryland Access Point - Provides options counseling and information/assistance for senior services, benefits, and resources.

Calvert Pines: Ann Newton, Amy Boucher

Liz Leclair (Mondays, Tuesdays, Wednesdays)

Southern Pines : Liz Leclair (Thursdays)

North Beach: Liz Leclair (Fridays)

Meals On Wheels (MOW) - Midday meals are provided for persons who are homebound and unable to prepare a meal for themselves. For more information, call **Harry Markward** or **Patti Ryon**.

Project Lifesaver - This electronic tracking system helps to quickly locate and return lost/wandering persons suffering from Alzheimer's disease or other related disorders. Contact **Tunya Taylor** for more information.

Senior Care - Limited funding is available for low-income and frail elderly for case management and assistance with some services. To find out whether you may be eligible, call **Lisa Caudle**.

SHIP - State Health Insurance Program - Staff are available to provide information and assistance with health insurance issues. For more information, ask for **Ann Newton**.

Senior Medicare Patrol (SMP) - Education and prevention against suspected Medicare abuse and fraud. For more information, ask for **Liz Leclair**.

Office on Aging (OOA) Staff Directory

E-mail: ooamailbox@calvertcountymd.gov

OOA Administration

410-535-4606

Division Chief	Susan Justice
Program Manager	Ed Sullivan
Fiscal Manager	Patti Ryon
Client Services Manager	Tunya Taylor
Long Term Care Coordinator	Lisa Caudle
Long Term Care Advocate	Larry Harvey
Account Tech I	Suzy Meador
Office Specialist II	Liz Youngblood
Food Service Worker	Harry Markward
Aging Services Case Manager	Terri Gunkel
Aging Services Case Manager	Amanda Seymour
CFC Supports Planner	Jeffrey Ganoe
CFC Supports Planner	Grace Oller

North Beach Senior Center

410-257-2549

Program Specialist II	Linda Roberts
Program Assistant	Kathy Shannon
Food Service Coordinator	Karla Shauver
Office Assistant II	Kelsey Holland
Ceramics Instructor	Pat Dinota
Social Services MAP Coord.	Liz Leclair
Building & Grounds Worker	Kelly Jones

Calvert Pines Senior Center

410-535-4606

Program Specialist	Kristy Alleva
Program Assistant	Sally Schofield
Food Service Coordinator	Tracey Endrusick
Office Assistant II	Andrew Jackson
Ceramics Instructor	Pat Dinota
Social Services MAP Coordinator	Amy Boucher
Social Services MAP Coordinator	Liz Leclair
Social Services MAP Coordinator	Ann Newton
Developmental Disabilities Specialist	Ruthie Birch
Developmental Disabilities Aide	Angela Nenno
Building & Grounds Worker	Phillip Long
Custodian	Brenda Jacks
Senior Employment Program	Cheryl Gorman-Plater

Southern Pines Senior Center

410-586-2748

Program Specialist	Melinda Gaines
Program Assistant	Anne Sledge
Food Service Coordinator	Cathy Richards
Office Assistant II	Brian Ward
Ceramics Instructor	Pat Dinota
Social Services MAP Coord.	Liz Leclair
Senior Employment Program	Vacant



Calvert County Office On Aging
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Prince Frederick, MD 20678